

"When you're singing for your friends
Whose lives on Earth are through
They'll be gathered up above
Where they're singing songs for you"

--Merritt Herring (new verse to "Who Will Sing for Me?)

Dear Friends,

Yesterday my friend Laura Smith and I sang songs together in memory of our friend Merritt Herring who died recently, and whose memorial was occurring in Portland. I last saw Merritt at Rainy Camp near Carnation, and we had a chance to sing some songs together. To me, Merritt was a hero. I first heard his glorious voice at Sweet's Mill Folk Music Camp in the early 70's. But it wasn't just his voice. He brought such joy into his singing, and it was contagious! His particular love was old-time gospel songs, and by the time you'd heard Merritt sing a few, you knew God was alive and all was right with the world. You always felt welcome in any song circle that Merritt was in. It was about the songs. Merritt checked his ego at the door, and invited us all to do the same. I will miss him immensely.

It's been a very busy Winter and Spring, and I am proud to announce that I am now DOCTOR Linda Allen! My graduation from the University of Creation Spirituality will take place next month in Oakland. It's been a marvelous journey. And it feels great to be completing it, although I will miss my teachers and the other students, and those wonderful trips to California. But travel opportunities seem to be coming around pretty often. I had a wonderful trip to North Carolina last month. I loved being in the classroom with the students of Elon University. I came home with a new instrument called a strum stick, and I'm having a great time singing old-time songs with it, and some new ones. I also came home with a vision of a community based on the principles of Creation Spirituality: Jubilee, in Asheville. I'm deeply impressed with the work they are doing, and hope to integrate some of those ideas into my home community. I'll keep you posted.

Classroom visits have been a great joy this Spring. I spent time at my 7th grade son's school (much to his chagrin...), and had a grand time bringing to life Washington's history through music. I also worked with Fourth graders in Bellevue, and will be with Third graders in Issaquah next month. There are some photos on the following pages from my web site. Please feel free to forward on this link to any educators who might be interested in having me come to a school in your area.

<http://www.lindasongs.com/pages/washington1.htm>

I'll also be flying to New York in September for a meeting of my union, Local 1000, as West Coast representative. I met with the Board in San Diego for several days this winter, and I'm proud to be among such dedicated and thoughtful folks. It was also Folk Alliance, a celebration of folk culture and traditions. Singing truth to power is definitely a tradition and one of my happiest moments was singing in solidarity with the grocery workers who were on strike, along with John McCutcheon, Holly Near, Charlie King, Karen Brandow, Joe Jencks, Pat Humphries Sandy Opatow, Peter Alsop, and more...all of whom are members of Local 1000.

While on the East Coast in September, I hope to be touring. Please let me know if you have thoughts about a concert venue: a living room, a folk club, a college, a concert hall. My pal Joe Jencks will also be there, and we may do some concerts together. He's a wonderful singer and songwriter, and we share a passion for singing about what matters. I'd also like to do some vocal workshops, using the model I developed for my dissertation. I'll be available between September 17th and September 24th. I appreciate your help! You keep me doing what I do.

There are more events coming up, with details at this link:
<http://www.lindasongs.com/pages/itinerary.htm>

The Northwest Folklife Festival in Seattle, Sunday, May 30
The EEWC Conference in Southern California, June 17-20
A Women's Retreat that I'll be offering at Songandword Retreat Center on Shaw Island, Sept. 10-12
A benefit recording for Seattle's Church of Mary Magdalene, Sept. 16th

A few other notes: My musical recipe book project is rolling along, with several new additions this month. "Beer Bread", by Irene Hermann, and "Pie" from Claudia Schmidt's new recording "Roads". Paddy Bruce has submitted some fine cover art. This is so much fun! Let me know, songwriter friends, if you have a recipe song. It has to contain the complete recipe. I don't think we have a soup yet, and I think stone soup would be a great theme for a song. Any takers?

Finally, I'd like to proudly announce the imminent birth of Jen and Kristin's CD. Any day now. Really. Kristin's solo CD should also be out within the month. They'll be celebrating at Northwest Folklife at 3:00 in the Liquid Lounge on Sunday, May 30th. It is a GREAT recording, and I'm proud of them both. Here's a link for more information:
<http://www.bima.com/jenandkristin.com/>

May we all find ways to "go to where the silence is", as Amy Goodman of "Democracy Now!" reminds us. The book Amy co-authored with her brother

David, *The Exception to the Rulers*, is very powerful. It's good to see light is being shined into some very dark corners these days.

Blessings to you all,
Linda

As always, if you are on this private mailing list in error, please hit reply and request to be removed, and I will do so immediately. Thank you!

Dr. Linda Allen
360-734-7979

www.lindasongs.com Dear Friends,

I had a hard night a few nights ago. I woke up at four in the morning, stomach in knots, worried about work that needed to be done. I have a sense of urgency these days that I know I share with many of you. It's the feeling that time is running out, and that I must be working at full capacity to try to make a difference. I was feeling overwhelmed by the enormity of it all, and by the ways that I am so easily distracted by things that really don't matter.

Then I looked out a window. It was still dark. Right then and there I was startled by beauty. There was the moon, a thin sliver in the dark sky, with Venus shining off to the right. In this cloudy country we don't often see such a lovely sight. Oh, my!

I wrote a song once that used the image of the old moon, rocking in the arms of the new (thanks to my friend Laura for giving me that line from a traditional song). I wrote it as an adult lullaby. In these days when we are all called to wake up to what is happening in the world, it is also important to wake up to awe and wonder, and to rest in beauty now and then:

Take it easy, take it slow
Close your eyes, there's no place to go
I'll hold you close. I'll keep you from harm,
While the old moon rocks in the new moon's arms.

Waves roll in, and the waves roll out.
Sometimes you wonder what life's all about
You struggle and hope, and the years roll by
And you long for a hug and a sweet lullaby

See the stars, they're smiling at you
When you're feelin' old, they know you're still new
So when you are tired, just rest, my dear friend

See how the moon always comes 'round again
from *The Long Way Home* - you can hear it at:
<http://www.lindasongs.com/pages/discography.htm>

So here's what's new with me. For Northwest friends, please note the benefit concert for homeless women on THURSDAY, September 16th. Then check out the Northwest Social Forum at Seattle Center on the weekend of October 15-17. I'm hoping to host a panel there on Music and Social Change, featuring Janet Stecher, Pat Humphries and Sandy Opatow. Also, in November, I'll be sharing the bill at Traditions in Olympia with Jen and Kristin. Their new CD is out, and this will be one of their CD release concerts. Kristin is also celebrating the release of her new CD, *Helium* on Clickpop Records. They are wonderful recordings, and I am very proud of them both! Details below.

For East Coast friends, there is a benefit concert with Tret Fure and John O'Connor on SUNDAY, Sept. 19th for human rights activist Lynne Stewart. Information also below.

In Bellingham, I'll be starting a new Artist Way class. Also, Roots, a spiritual community that is based on principles of Creation Spirituality, is beginning to evolve here in Bellingham. My friends Shirley Osterhaus, Joan Muenscher and I are working on this project together. We'll see where it takes us.

Enough for now. Let's share a prayer that prophets will arise and help lead us in a direction of peace and re-birth.

Blessings,
Linda Allen

PS. My husband Scott, who tends to be the more creative food person in our house, offers one of his favorite iced tea recipes, in celebration of these late-summer days:

You can find it at the end of the "Current Offerings" list.

CURRENT OFFERINGS:

SEATTLE

Thursday, September 16th, 7:30 PM

Hear Our Voices: A Concert for Homeless Women
Broadway Performance Hall, Broadway and Pine

Linda joins Mike Stern, Marsha Reeves, SteepleChase, Papuri, and the Church of Mary Magdalene Choir in an evening to benefit the Church of Mary Magdalene. A recording will be made for a fund-raising CD project.

Ticket information: \$25.00 (\$20.00 Children/Senior).

Purchase by phone: 206-621-8474 or 206-325-6500.

NEW YORK CITY

Sunday, September 19th, 8 - 10 PM

WHERE I STAND: An Evening of Folk Music

Featuring LINDA ALLEN, TRET FURE, and JOHN O'CONNOR

Nationally-known singers and songwriters join LYNNE STEWART and MARTIN STOLAR, President of New York City chapter of the National Lawyer's Guild, for an inspirational evening as we approach the defense case of Lynne Stewart and we acknowledge the important work of the Guild.

CHURCH OF ST. PAUL & ST. ANDREW

UNITED METHODIST CHURCH

263 WEST 86TH ST

NEW YORK, NY

\$10.00 AND UP DONATION APPRECIATED

www.lynnestewart.org- or call 212-625-9696 for information

SEATTLE

Saturday, October 16th (tentative)

NORTHWEST SOCIAL FORUM, Seattle Center

Music and Social Change

Linda is joined by Pat Humphries and Sandy Opatow, Janet Stecher and others for songs and discussion on the power of music as a tool for social change.

Check out other events at this amazing conference at:

<http://www.nwsocialforum.org/>

Another world is possible!

BELLINGHAM

Monday, October 18th through Monday, January 10th, 2005

The Artist's Way: Walking in This World

The class offers insights and exercises for recovering creativity through discussions and play, based on Julia Cameron's latest book, *Walking in This World*.

7 - 9:15 PM. \$195.00. Thirteen weeks.

Please call 360-734-7979 for more information and to pre-register.

BELLINGHAM

Wednesday, October 27th

JEN AND KRISTIN CD RELEASE CONCERT

Roeder Home, 2600 Broadway

7:30 PM

Linda hosts her talented daughters for the release of their long-anticipated CD, *Jen and Kristin*.

Tickets: \$8-12.00 sliding scale donation.
Phone 360-734-7979 for more information.

Kristin is getting excellent reviews for her second CD, *Helium*, and she's working on her third with Clickpop Records. For the schedule of her CD release concerts, go to kristinallenzito.com. Several concerts are scheduled in Bellingham on the weekend of October 8, 9 & 10th.

OLYMPA

Saturday, November 13th.

Traditions Café and World Folk Art

300 5th Ave. SW 8:00 PM

\$12.00 (\$8.00 student, low-income)

Linda, Kristin and Jen share the bill as Jen and Kristin celebrate the release of their new CD, Jen and Kristin, and Kristin celebrates her new CD, *Helium*.

Phone 360-705-2819 for more information.

PINEAPPLE-LEMON-MINT TEA (from the *Iced Tea* book by Fred Thompson)
(Scott's note: Don't squeeze the tea bags!)

5 c cold water

6 regular-size tea bags

3 lemons, seeded and cut into 1/2 in-thick slices

1 1/2 c fresh mint leaves, torn

One 12-oz can frozen pineapple juice concentrate

1 c granulated sugar

2 tsp. pure vanilla extract

1 tsp. pure almond extract

1) Bring 2 cups of the water to a gentle boil in a small saucepan. Add the tea bags, lemon slices, and mint. Cover, remove from the heat, and let steep for 20 minutes.

2) Meanwhile, combine the pineapple juice concentrate, remaining 3 cups water, sugar, vanilla and almond extract in a 2 quart container. Strain the steeped tea through a fine mesh strainer and add to the pineapple liquid. Stir or shake until the sugar is dissolved.

3) Let cool, then chill and serve over ice.

Makes about 2 quarts.

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